



Second Annual Retreat – AGENDA

August 17, 18, and 19 2018

August 17, 2018

3pm Hotel Check-in

7pm – 9pm Meet & Greet

August 18, 2018

6:15am Yoga & Seminar Registration (Promenade Room)

7am – 8am Sunrise Yoga at the Beach – Mother’s Beach, across from Marriot
(Bring a beach towel)
Led by: Yogaqua – Sarah

9am – 9:45am Breakfast (Promenade Room)

10am – Noon Seminar; Q&A (Promenade Room)

Noon Adjourn

NOTE: You have the rest of the afternoon to explore the area; get to know one another, etc.

6:30pm – 8pm Dinner – Luau (Promenade Room)

Entertainment

8pm – 10pm Karaoke

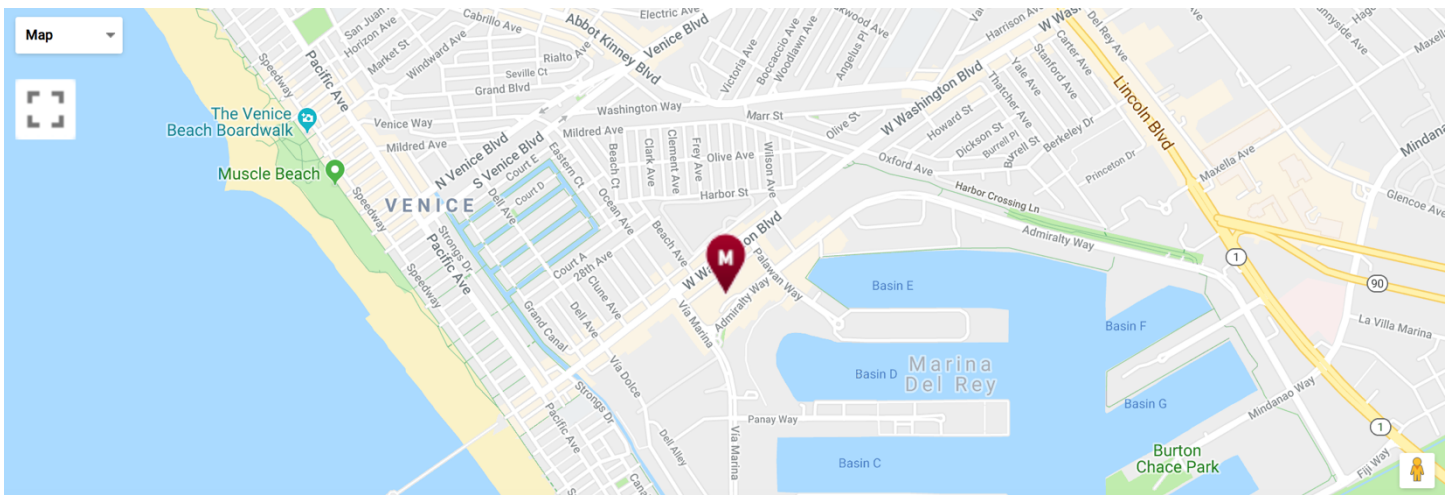
August 19, 2019

7:00am – 8:30am Boot Camp (Meet at the Lobby)

11am Hotel Check-out

The Marina del Rey Marriott is in the heart of the one of the most desirable coastal communities in Southern California. The hotel is just 4-miles north from Los Angeles Intl Airport (LAX), 3-blocks from the beautiful sandy beaches of world-famous Venice Beach and 2-miles south from Santa Monica shopping attractions. The hotel offers easy access to a variety of Los Angeles area highlights, in addition to providing access to over 30 restaurants within walking distance.

MAPS & TRANSPORTATION



Airport Information

Los Angeles International Airport (LAX)

Airport Phone: +1 310-646-5252

Hotel direction: 5.2 miles NW

This hotel does not provide shuttle service.

- Alternate transportation: Super Shuttle/310-782-6600; fee: 20 USD (one way); reservation required
- Estimated taxi fare: 20 USD (one way)
- Bus service, fee: 2 USD (one way)

[Visit LAX airport website](#)

Driving directions

Take CA-1 N/S Sepulveda Blvd North. Slight left onto Lincoln Blvd. Turn left onto Bali Way. Take the 1st right onto Admiralty Way. Destination will be on the right.